




**MOOD:** 😊 hungry (but not starving, for a change)

**MUSIC:** Sass Jordan - Breakin



standuponit

 **standuponit**

<https://standuponit.livejournal.com/2009-04-17> 14:18:00

Lunch today: approximately 3000 calories of guacamole, baked tortilla chips, and salsa from last summer from the freezer. I'm declaring avocado a good fat, dammit.

Because I said.

Nom.

Harpy, Outside tomorrow?



This looks like a  
good idea.

...

This.

...

Little guy's not  
bad.

Gotta teach RHex  
to smear.

31 comments



 **cjtremlett**

April 17 2009, 18:24:32 UTC

COLLAPSE

Do you make your own guac? Have you posted a recipe for it that I'm forgetting about? I absolutely adore guacamole! I don't have lunch envy, 'cause mine was good, but yours sounds wonderful, too!



 **nebula99**

April 17 2009, 19:20:44 UTC

COLLAPSE

I have lunch envy

\*pouts\*



 **standuponit**

April 17 2009, 19:38:54 UTC

COLLAPSE

I just use avocado, lime, garlic, and salt, in a ratio of about 1 avocado:juice of 1 lime:1 garlic clove:1/8 tsp salt.

It comes out on the sour side, but I like that.

Variants could include a chili pepper, diced tomatoes, or orange juice.



[inaurolillium](#)

[April 17 2009, 21:20:37 UTC](#)

[COLLAPSE](#)

I like to use key lime juice.

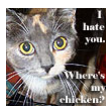


[trollcatz](#)

[April 17 2009, 18:58:04 UTC](#)

[COLLAPSE](#)

Should the air be full of not-rain, I am for it, *mon frere*.



[standuponit](#)

[April 17 2009, 19:39:39 UTC](#)

[COLLAPSE](#)

Forecast looks promising. Any chance of rain is supposed to be past by then. Seventies!



[trollcatz](#)

[April 17 2009, 20:26:44 UTC](#)

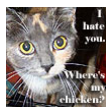
[COLLAPSE](#)

Ye gods. We may even manage to...dare I say it?...sweat. \*g\*

I find myself wanting to go to Nevada, to California, to Newfoundland, to Tierra del Fuego. I think it's the kitchen. 8>P

(But the crew did put in the beam and supporting pillars and piers in the cellar for them to rest on, so marbles will no longer roll across the kitchen floor and stop just east of center. Right where the cabinets with the prep counter and the "breakfast bar" will go.)

(Now we wait for the inspector. His name is probably Godot.)



[standuponit](#)

[April 17 2009, 20:44:55 UTC](#)

[COLLAPSE](#)

You wouldn't think home renovation would be more involved than catching serial killers.



[trollcatz](#)

[April 17 2009, 21:13:31 UTC](#)

[COLLAPSE](#)

And yet, there are similarities. No one knew there was ~~abuse in his childhood~~ termite damage in the floor! We discovered the source of the ~~suspicious bank deposits~~ undersink leak, but it's not ~~the account the storage unit was rented under~~ the reason why the subfloor's spongy!

Next time we need to catch somebody, maybe we should hire a plumber.




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[April 17 2009, 21:19:18 UTC](#)    [COLLAPSE](#)

Because that worked so well for Nixon.

Speaking of congressional oversight, Tasha wants to know if we'll meet her for beers after work. No clue if the wonder carrot is coming, but we could bring T. just in case we might get to watch her taunt him with Marxist interpretations of the events leading up to the war in Iraq.




 [trollcatz](#)

[April 17 2009, 21:46:49 UTC](#)    [COLLAPSE](#)

T. says she could bheer. Does otherT want to come with us tomorrow?



 [ace\\_cub\\_reportr](#)


[April 17 2009, 21:48:20 UTC](#)    [COLLAPSE](#)

\*taps watch\*

As a federal employee, must I remind you that it's incumbent upon us to be out of this office by four thirty on Fridays? We're already almost 90 minutes over.

Ask her at the pub.



 [standuponit](#)

[April 17 2009, 21:48:53 UTC](#)    [COLLAPSE](#)

Aasss youuuuuuuuuuuu wiiiiiiiish.

 [batwrangler](#)

[April 17 2009, 22:41:14 UTC](#)    [COLLAPSE](#)

My sympathies on the home repairs -- speaking as an experienced home-repairer, serial killers \*do\* sort of sound easier. I wonder what sort of correlation there might be between home-maintenance stress and psychopathy...

 [adarad](#)

[April 17 2009, 19:06:48 UTC](#)    [COLLAPSE](#)

I'm envious of your salsa. Looooove it. I put it on almost everything. NOM.

 [kayjayoh](#)

[April 17 2009, 19:29:12 UTC](#)    [COLLAPSE](#)

<starts to feel guac envy...realizes that i'm eating tasty hummus on toasted whole wheat pita...goes back to nommin happily>


Avocados, like beer, are proof that God loves us and wants us to be happy.

 [kelliem](#)

[April 17 2009, 19:31:04 UTC](#)   [COLLAPSE](#)

Alton sez it's good fat, and you can trust Alton.



 [standuponit](#)

[April 17 2009, 19:39:56 UTC](#)   [COLLAPSE](#)

In all things.




 [themaskmaker](#)

[April 17 2009, 21:36:54 UTC](#)   [COLLAPSE](#)

Amen. Brother Alton has never let us down.



 [inaurolillium](#)

[April 17 2009, 21:23:10 UTC](#)   [COLLAPSE](#)

I miss guac.

I keep saying I need to try making roasted avocado guac, since it seems like I can eat cooked banana (e.g. in banana bread), but the consequences of trying and being wrong are pretty uncomfortable, so I haven't yet.




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[April 17 2009, 21:25:57 UTC](#)   [COLLAPSE](#)

0.0

What's in it that gets you?



 [inaurolillium](#)

[April 17 2009, 21:34:05 UTC](#)   [COLLAPSE](#)

Dunno for certain, but I also occasionally have trouble with latex, and there's a protein common to all three things that we're assuming is the culprit. I haven't actually had a reaction to bananas in memory, but I started thinking they were really, really gross at about seven, and haven't eaten a fresh one since, just cooked in banana bread. So it's a long chain of assumptions, really, but *if* I'm also allergic to bananas, and *if* it's to that same protein, and *if* the reason I can eat banana bread is that the cooking process denatures the protein sufficiently for me not to have a reaction (as opposed to being able to eat it because there's just not that much banana in it, and it's below some sort of threshold), *then* roasted avocado guac might be a viable option for me. \*sigh\*



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[April 17 2009, 21:36:42 UTC](#)   [COLLAPSE](#)

This sounds like it calls for an allergen test.



 [inaurolillium](#)

[April 17 2009, 21:40:04 UTC](#)   [COLLAPSE](#)

It would, indeed. Except that an allergen test requires going to an allergist, which costs money, and I lack insurance.




 [standuponit](#)

[April 17 2009, 21:45:46 UTC](#) [COLLAPSE](#)

We appear to be at an impasse.

(Seriously, that sucks.)



 [inaurolillium](#)

[April 17 2009, 21:51:46 UTC](#) [COLLAPSE](#)

Indeed.

Well, if Fry By Night takes off, maybe I'll be able to afford my own insurance, and maybe then I can get the stupid tests done.

But yeah, I miss guac.



 [lynnai](#)

[April 21 2009, 22:12:13 UTC](#) [COLLAPSE](#)

The most common allergist test involves drawing a grid on your back and applying small amounts of concentrated substances with cotton swabs. This includes foods, pollen, you name it. If your skin turns red and puffy, you are allergic. The only good thing is that the allergist is waiting with an antihistamine shot to keep you from suffering the effects.

You could try this at home with pretty low risk. You don't have concentrated essence of banana, so you are not likely to get a horrible reaction. So it won't prove that you are NOT allergic. However, if you do get a mild rash, you have very good proof that you ARE still allergic. And you can scrub the stuff off quickly and put Benadryl cream on it. Much better than the negative results of internal testing.



 [inaurolillium](#)

[April 22 2009, 01:09:57 UTC](#) [COLLAPSE](#)

Scratch tests suck massively, and are not so hot at detecting system reactions, which is what I have. Thanks for the advice, not doing it. I'll go to the doc when I have insurance, and get a blood test, thanks.



[jennythe\\_reader](#)

[April 18 2009, 02:09:47 UTC](#) [COLLAPSE](#)

I can never remember if avocado is a "good fat" from the cardiovascular perspective, but I know it's a good fat from the joint health perspective.




 [standuponit](#)

[April 18 2009, 02:16:14 UTC](#) [COLLAPSE](#)

Both, AFAIK. And loaded with calories. And tasty. Thank you, baby Jesus.

Tomorrow I think it's BLTAs to take on the hike, since I scored all these awesome avocados. Bacon is not a good fat. But when climbing mountains, I am not sure I care.

 jennythe\_reader

April 18 2009, 02:27:08 UTC    COLLAPSE

I was a very happy Jenny when my joint doctor told me that even though losing weight would be the best thing I could do for my knees, the advantages of eating avocado made up for the disadvantages. I put them into just about anything I think they'll work in.

Mmmm... BLTAs...

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